

### Claim Amendment

Claim 1. (currently amended) An exercise bag which comprises an enclosure, said enclosure having a bottom, a removable top, and a continuously curving lateral side surface, said enclosure fabricated from a durable material and enclosing a padded structure which, in turn, envelops a resilient, water-tight two-liter soda pop container that can be inserted and removed from the padded confines of the bag at will.

Claim 2. (original) The exercise bag according to claim 1 wherein the water-tight container can be filled with a fluid, and emptied.

Claim 3. (original) The exercise bag according to claim 1 wherein the enclosure is a poly-vinyl material.

Claim 4. (original) The exercise bag according to claim 1 wherein the padded structure is an open cell foam.

Claim 5. (original) The exercise bag according to claim 1 further comprising a strapped loop attached to the top of said bag.

Claim 6. (original) The exercise bag according to claim 1 further comprising a pair of strapped loops attached to the top of said bag.

Claim 7. (new): A method of practicing a martial art routine which comprises: striking, with the foot, an exercise bag which comprises: an enclosure, said enclosure having a bottom, a removable top, and a continuously curving lateral side surface, said enclosure fabricated from a durable material and enclosing a padded structure which, in turn, envelops a resilient, water-tight two-liter soda pop container that can be inserted and removed from the padded confines of the bag at will.